

NOVEMBER/DECEMBER 2024

**FNBC33/CNBC34 — FOOD AND  
NUTRITION (NME I)**

Time : Three hours

Maximum : 75 marks



**SECTION A — (10 × 2 = 20 marks)**

Answer ALL the questions.

1. What are dietary fibres?
2. State about simple sugars.
3. List out Essential Fatty Acids.
4. Compare MUFA with PUFA.
5. Tell about RDA for proteins.
6. Outline the major functions of protein in the body.
7. Which vitamin is called as a sunshine vitamin? Why?
8. State the functions of vitamin B2 and B1.
9. Why chlorine is an essential nutrient?
10. Show the significance of pantothenic acid.



SECTION B — (5 × 5 = 25 marks)

Answer ALL the questions.

11. (a) Sketch a chart for the various types of carbohydrates.

Or

- (b) Give the importance of balanced diet and its importance.

12. (a) Explain the various sources of dietary lipids.

Or

- (b) Dissect the effects of unsaturated fatty acids.

13. (a) Discuss about fish is a rich source of protein in the diet.

Or

- (b) Analyse the classification of proteins.

14. (a) Identify the RDA and functions of vitamin K.

Or

- (b) List out the functions of ascorbic acid.

15. (a) Apply the effects of magnesium in regulating muscle and nerve function.

Or

- (b) Inspect the role of Iodine on thyroid function.

SECTION C — (3 × 10 = 30 marks)

Answer any THREE questions.

16. Write the importance of dietary fibre.

17. Evaluate the role of saturated and unsaturated fatty acids.

18. Explain protein deficiency disorders.

19. Elaborate on the RDA and functions of pantothenic acid and folic acid.

20. Discuss about the biological importance of chlorine and potassium.